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## Cooking in the Highlands!

If you got a whiff of home cooking in the Cape Breton Highlands this fall, it was probably a galloping gourmet—the four legged kind!

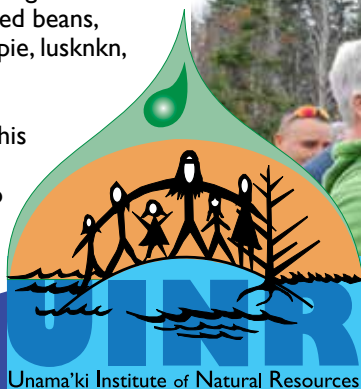
For the past eight years, the Moose Working Group and UINR have hosted *Feast in the Highlands*, an opportunity for the people involved in moose management to get together to celebrate their progress with Mi'kmaq and non-native moose harvesters, youth, conservation officers, Elders and interested people from the community.

Clifford Paul, UINR's Moose Management Coordinator, has been involved since the beginning, "The feast is very important, especially from a management perspective. That we have both Mi'kmaq and non-Mi'kmaq harvesters gathered here, in the peak of the season, sends a strong message of stewardship and cooperation for moose and moose habitat. The common thread for everybody present is the love and respect of the moose resource and its sustainable management."

The Feast came complete with teepees, campfires, outdoor cooking and a buffet of moose stew, eels, baked beans, fishcakes, salmon, apple pie, lusknkn, and all the trimmings.

If you missed the feast this year, remember it's an annual event and plan to attend next year's!

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Unama'ki Institute of Natural Resources



# NEWS

WWW

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Here's where we keep  
you up-to-date on new stuff online at uinr.ca



Kataq-Journey of Our Eels is a new children's book from UINR featuring the illustrations of Membertou artist Dozay Christmas. Written by UINR's Angela Denny and Shelley Denny, the new book has a Mi'kmaq translation by Barbara Sylliboy...UINR is producing a

series of short videos on the American Eel in partnership with Parks Canada. It looks at ten different issues ranging from habitat to traditional knowledge. Respect, Relationship and Responsibility are the three main themes...Our Rightful Place, a video on moose management, has been in the works for several years and has just finished filming. The documentary will look at Mi'kamq hunting methods and traditions while documenting the history of the Moose Management Initiative...The Golden Awards are now open for nominations. A project of Bras d'Or Lakes Collaborative Environmental Planning Initiative, the awards recognize individuals and groups who have demonstrated a commitment to the Bras d'Or Lakes. For details check brasdorcepi.ca...



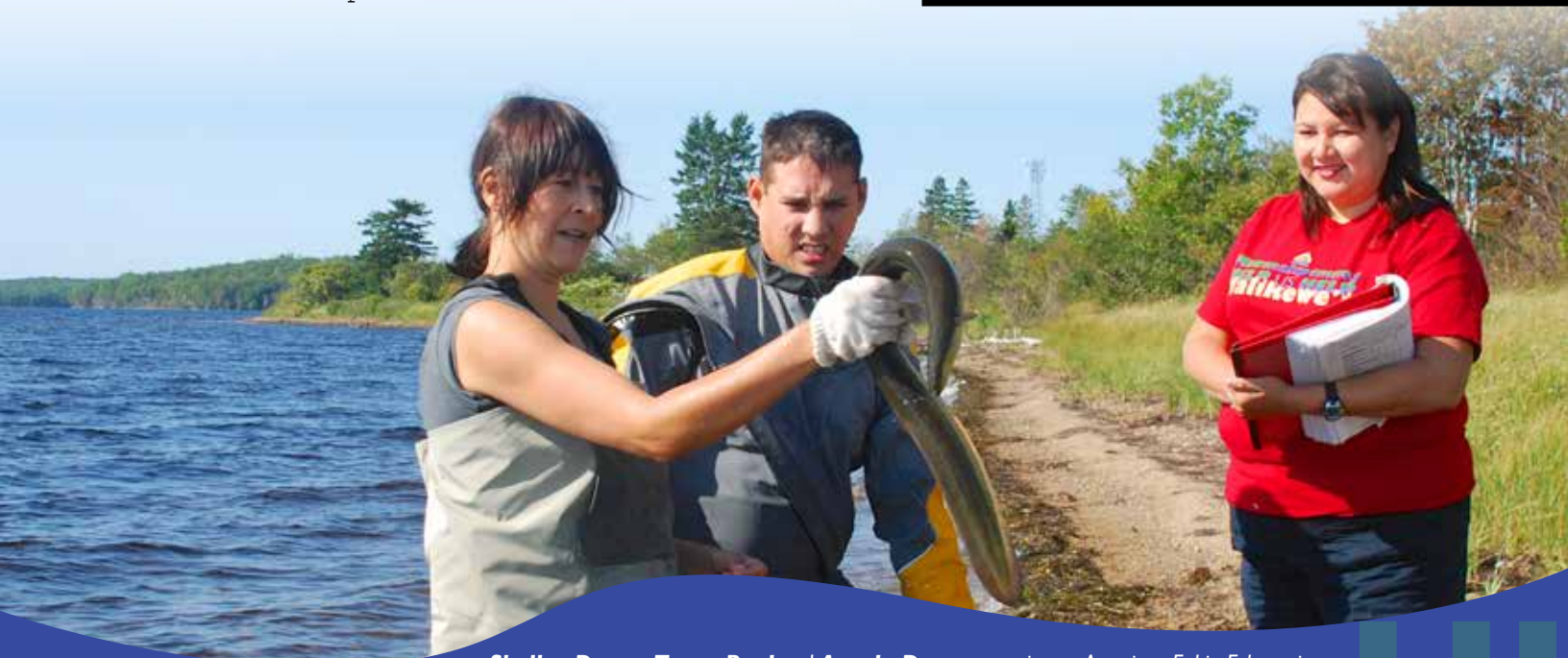
If you'd like an electronic version of the eel poster for your phone or tablet, you can download a copy from the Library at uinr.ca

Be sure to "LIKE" our UINR Facebook page



(facebook.com/UINRpage). It is THE place to go to see photos and keep current on everything we're doing at UINR.

If you are a Twitter user join the many people who follow UINR's tweets!



Shelley Denny, Tyson Paul and Angela Denny examine an American Eel in Eskasoni.

## Comings & goings

Please welcome **John Couture**,  
UINR's new *Commercial Fisheries*  
*Liaison Coordinator*.

John is no stranger to people  
involved in Unama'ki's fisheries. Since  
2004, he has worked for Fisheries and  
Oceans Canada as a Licensing Officer  
and Aboriginal Program Coordinator.

We'll be hearing a lot from John  
in the future and watch for a full  
profile in an upcoming issue of UINR  
MARTEN.

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# pjila'si

# Welcome

Sometimes it seems that the problems facing our  
environment are so huge that there is nothing we  
could possibly do that would help. I know it seems  
overwhelming at times, but there are lots of little  
things that we can do, and it all starts with your  
small step.

A good example of this is our recent tree planting  
efforts in Membertou, Malikewe'j and on the  
Margaree and Middle Rivers. Around the UINR  
office we called this "Planting a Forest...One Tree  
at a Time." One little tree doesn't seem like a  
whole lot, but when you stand back and look at the  
results of dozens of people planting, and imagine  
the scene 10 or 20 years in the future, you begin to  
see that the one little tree you planted has grown  
into a beautiful, mature tree. When you consider all  
of the trees planted by all those other people, you  
have a whole forest!

Many of you will be familiar with our Sespit'e'mnej  
brochures and posters (all available on our website  
[uinr.ca](http://uinr.ca)). These booklets show little things we can all  
do that make a huge difference in our environment.  
Things as simple as recycling old batteries to  
turning your car off when stopped instead of idling.  
For every two minutes your car sits idling, it uses  
about the same amount of fuel it takes to go about  
one kilometre! These little steps not only help the  
environment, they help keep money in your pocket.

Even if you do one little thing every day, in a year  
that's 365 little things...not a small thing at all. It all  
adds up and before you know it, you've planted a  
forest!

[lisa @ uinr.ca](mailto:lisa@uinr.ca)



Annie Johnson (far right) with Unama'KIDS and teachers.



Annie Johnson, Clifford Paul and Murdena Marshall congratulate Dr. Cheryl Bartlett  
at a celebration of her achievements at CBU.

# NR

# Planting a Forest... One Tree at a Time

At first glance, it might be difficult to see the connection between salmon and trees, but UINR hopes to change that.

With our partner, Cape Breton Collaborative Salmon Initiative—CSI Cape Breton, we worked on a cooperative salmon habitat restoration project this fall. Over 2,000 trees were planted along the banks of tributaries of the Margaree and Middle Rivers in an effort to preserve, enhance and stabilize habitat of wild Atlantic salmon.

Planting trees along the river banks has many benefits to salmon habitat.

**Mark MacPhail**, UINR Director of Forestry explains, “Trees’ root systems hold river banks in place, reducing erosion and siltation.

Salmon need shady areas to spawn and the shade helps keep water temperatures cool and moderate.

Leaves and other debris provide nutrients to the river, contributing to a healthy environment for salmon and other fish.

With the help of community volunteers, Margaree Salmon Association, UINR and Atlantic Salmon Federation, we’re planting a wide range of native tree species—sugar maple, red maple, elm, yellow birch, white birch, red oak and black ash.”



**Lewis Hinks**, Director, Regional Programs for Nova Scotia, Atlantic Salmon Federation, believes it is important for both salmon and the community.

“This project brings together different organizations to work together on a common cause and brings attention to the value we all place on the environment.

Together, Mi’kmaq and non-native partners hope to encourage people to consider the effect their actions have on river habitat and how important it is to maintain healthy river systems.”

Areas lacking vegetation were identified, surveyed and digitally mapped.

Funded by Environment Canada’s EcoAction Community Funding Program and Atlantic Salmon Conservation Foundation.

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Nova Scotia Community College students and staff join UINR to plant trees for salmon habitat.





Atknujuk wla **kmu'jk**  
wjit **elmi'knikewaq**  
Restoring **MEMBERTOU'S**  
Connection to the Forest  
**One Tree**  
at a **Time**

**UNAMA'KIDS**  
Saturday September 22, 2012  
10 AM-2 PM  
**Membertou Heritage Park**  
FREE Trees and Planting Assistance  
BBQ and Ceremonial Planting of Black Ash at Noon

Canon MELC



Membertou Chief **Terry Paul** joins us for the planting of black ash trees in Membertou, restoring the community's connection to the forest.

# Tall ship *The Eagle* visits Eskasoni

...continued from last issue

Getting back to our story...Despite our promise to keep this visit very low key, all the staff of Crane Cove Oyster Farm and a few passerbys came to see all the commotion. To see such a huge sailing vessel tied at the small wharf was unbelievable.

We were introduced to *The Eagle* crew as a long line of their well-dressed cadets stood lined up along the length of the wharf with *The Eagle* in the background. It was a sight to behold!

At the same time, George Bernard and the officer arrived in George's new car. George calmly parked his car right in front of the line of the cadets. It was inspection time. The officer who was transported from the airport in Sydney asked George to tag along with his inspection. That was the proudest day in Big George's life, all dressed up in his white shirt, black pants and shiny shoes as instructed before he left for the airport.

All of us watching didn't blink an eye or talk as the inspection took place. It was pretty serious stuff. After the inspection, the officers approached us in the crowd and shook our hands. We were all flabbergasted!

After the greetings, the officers and cadets started marching on to the deck of the vessel and in no time *The Eagle* pulled away from the wharf. The crew waved in delight. We were all still stunned at what had taken place but we managed to wave back. As we saw *The Eagle* round the point from our view, laughter broke out and geetings were made honouring Big George Bernard. He was our big hero of the day! Many times after *The Eagle's* visit we talked about it and for a long time we couldn't believe this took place in Eskasoni. To this day, a certain individual in the community remembers that special day.



Two weeks later, we received a post card mailed from the United States Virgin Islands to thank us for our kindness, warm welcome and cooperation.

I would like to thank Elder Albert Marshall for keeping the story alive and the people I interviewed—John James Gould, Waqmatcook and Stephen John Sylliboy, Eskasoni. I would like to acknowledge all the employees of Crane Cove Oyster farm that have passed on. I would like to thank the United States Coast Guard in London, Connecticut for their permission to use their excellent photographs and a special thanks to operations officer, LT. Jeff F Janaro.

charlie@uinr.ca



# *it's all about the people* Keith Christmas

Look, up in the sky! It's a bird...it's a plane...NO it's Keith Christmas! Skydiving is just one of the things Keith has tried over the years, but nowadays he likes to keep his feet firmly on the ground. During his time off from his work as UINR's Unama'ki Guardian Coordinator, you can find him camping with his family, enjoying a round of golf or bowling. He holds the house bowling record in Sydney and, he is quick to mention, afterwards they tore the bowling alley down!

After working for almost 20 years as a Fisheries Guardian in Membertou, Keith was well prepared for his Guardian Coordinator role at UINR. Identifying opportunities for Guardians to participate in various science and research projects and arranging training for them, Keith has been busy in a diverse range of projects such as invasive species research, water quality monitoring, environmental remediation, salmon research and management planning.

Keith's training includes a two-year Natural Resources program at CBU, a Leadership/Supervision program at Nova Scotia Community College and Aboriginal Fishery Guardian training with Fisheries and Oceans Canada.

In his first year at UINR, Keith also worked on a wide range of projects including the smolt wheel in Middle River, Community Aquatic Monitoring Program (CAMP) in the Bras d'Or Lakes and the Canadian Biomonitoring Network Program (CABIN) in freshwater streams in Unama'ki. He also participated with Unama'ki communities and Guardians on Mi'kmaq Ecological Knowledge workshops on various fish species.

"The work environment at UINR is great. It is a pleasure to work directly with people I have been associated with for so long."

keith@uinr.ca



## Ten questions

**Choose an animal native to Unama'ki.**

Eel.

**Favourite season?**

Spring.

**What is the best part of your work?**

Always learning something new.

**Choose a quality you admire in others.**

Commitment.

**Favourite beach?**

Panmure Island.

**Last thing you read?**

Cape Breton Post and Chronicle Herald.

**What's for supper tonight?**

Fish.

**What is your favourite website?**

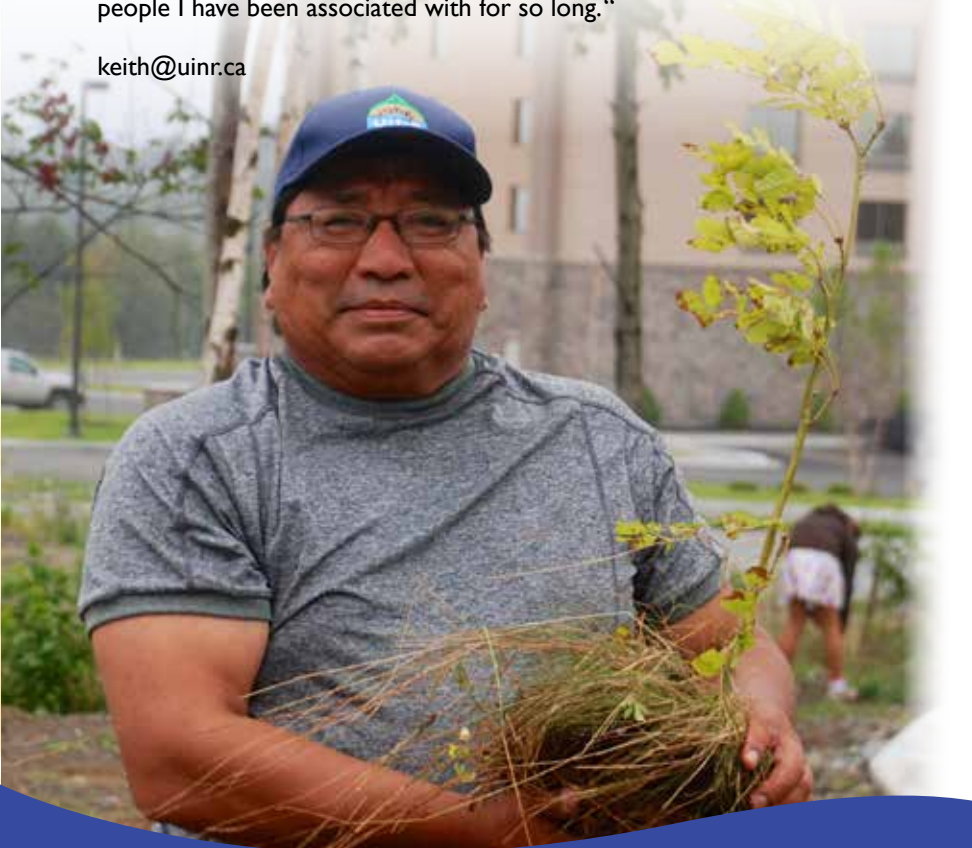
Facebook

**What did you do in the last week to help the environment?**

Recycled and planted trees.

**Chocolate or chips?**

Chocolate.



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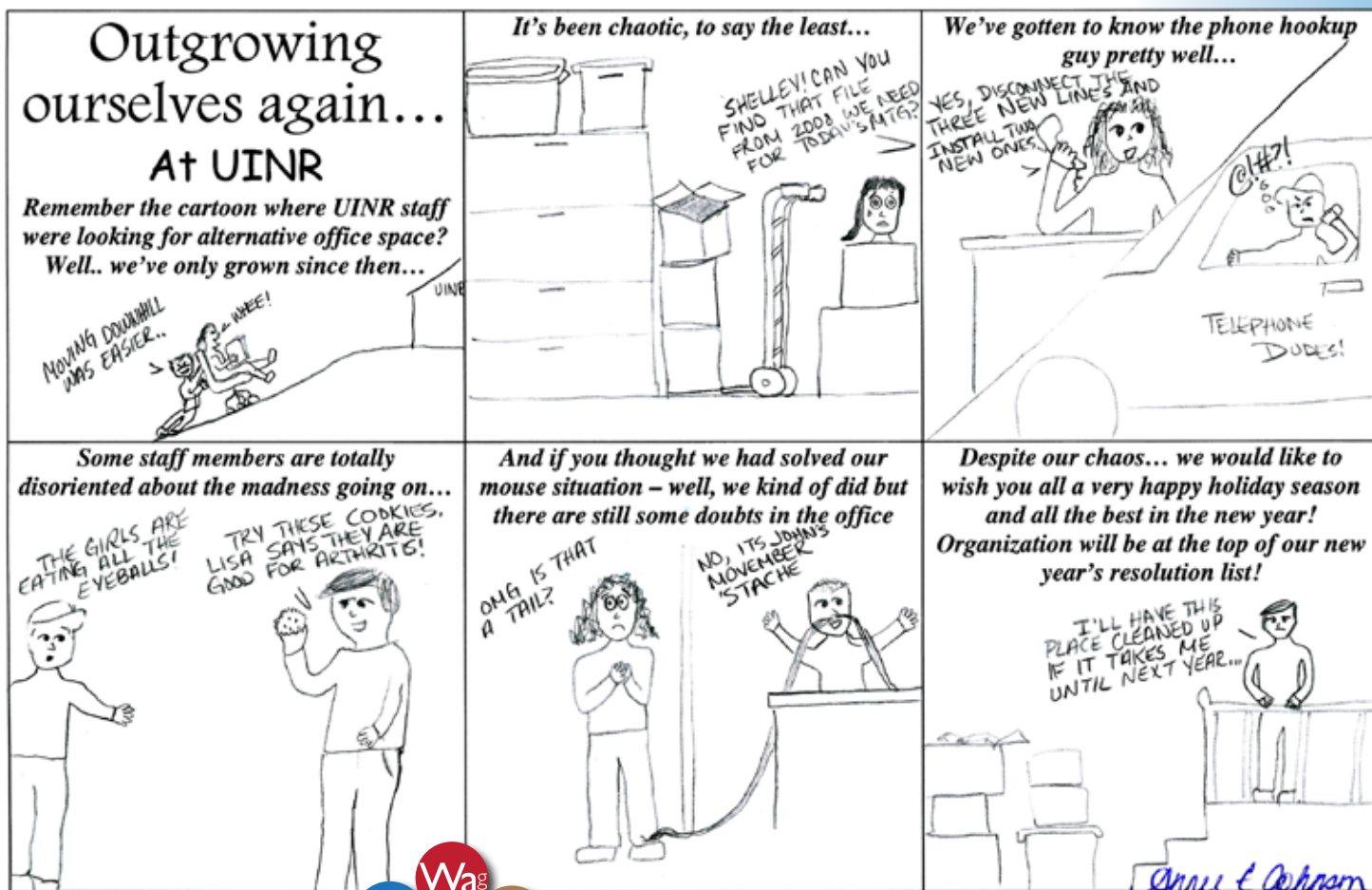
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